Introduction

Congratulations!

By downloading this special report, you’ve taken the first step towards unlocking your dream body.

The good news is... this step is one of the most powerful you can possibly take.

And when you apply the simple secret I’m about to share with you, you’ll reach your weight loss goals much faster than most people can even dream of.

Because while they’re struggling just to put one foot in front of the other...
You’re leaping across the Grand Canyon!

So... what’s the secret that allows you to burn more fat in less time?

Here it is...

Losing weight is NOT just about eating less.

It’s NOT just about exercising more.

Sure, cutting your calories and working out will help...
But in order to burn lots of fat, you need your metabolism to run at full-speed.

And the secret to making that happen... is to give your body the nutrients it needs.

Think of your metabolism like a car.

You can have the most powerful engine that’s ever been built...

But if there’s no gas in the tank, it won’t get you to where you want to go.

Well, when it comes to burning fat, nutrients are the gas.

And if you want to blast away all the fat that’s keeping you from becoming slim and sexy... you need to provide your body with a wide variety of these nutrients.

So... where do you get these nutrients?

You get them through a balanced diet.

A diet which includes lots of fresh fruit and vegetables.

Everyone knows these foods are good for you.

They’re loaded with vitamins, minerals and fat-fighting antioxidants.

But... as busy as we are... always on the go... most of us have a hard time fitting these foods into our diet.

Well that’s what this special report is about!
Because I’m going to show you a way to flood your body with all the fat-burning nutrients it needs... no matter how busy you are.

It’s a powerful way to consume all your fruit and veggies for the day... in just seconds.

Better yet, you’ll be consuming these foods in their natural, raw form.

**Because we’re going to turn these foods... into fresh fat-burning juice!**

Juicing is the fastest, most efficient way of consuming your fruits and vegetables. Not only do you save time by not having to cook (certain nutrients are destroyed by heat)...

But you’re able to easily absorb all of the nutrients in these foods, because juice is much easier for your body to digest.

**This gives you the most bang for your fat-blasting buck!**

So, what foods should you be juicing?

Well that’s the beauty of it...
The more variety you add, the better off you’ll be.

You can juice anything that’s in season, so feel free to experiment with your favorite fruits and vegetables.

Go ahead...

Get creative!

But if you need some inspiration to get started, I’m going to share some of my favorite fat-blasting juice recipes with you...

So let’s check them out.
Slimming Juices

**Anti-anxiety Juice**

- 1 handful of mint
- 1 green apple
- 1 lemon or lime
- 1 small piece of ginger
- 1 cucumber

**Flat Stomach Juice**

- 3 celery sticks
- 1 cucumber
- 1 lemon or lime
- 1 cup of coconut water
Energizing Juice

- 1 handful of kale
- 2 celery sticks
- 1 green apple
- 5 asparagus

Fat Burning Juice

- 1 grapefruit
- 1 handful of spinach
- 1 green apple
- 1 lemon or lime

Detoxify Everyday Juice

- 1 green apple
- 4oz of water
- 1 lemon or lime juice
- 1 tbsp. of Cayenne pepper
- 1 tbsp. of honey or Agave
Diuretic Juice

- 1 cucumber
- 1 lemon or lime juice
- 2 slices of pineapple
- 1 small piece of ginger
- 1 celery stick

Slimming Fiber Juice

- 1 beet
- 1/3 red cabbage
- 2 celery sticks
- 1 orange

Revitalizing Juice

- 1 carrot
- 1 celery stick
- 1 handful of parsley
- 1 green apple
Season’s Green Juice

- 1 fruit of the season
- 1 handful of spinach
- 1 celery stick
- 1 lettuce in season

Super Green Juice

- 1 celery stick
- 1 cucumber
- 1 handful of spinach
- 1 one handful of broccoli
- 1 green apple
- 1 lemon or lime
- ½ of a banana
Conclusion

So there you have it...

Those recipes are a great way to get started. But like I said... feel free to experiment with your own!

The important thing is that you make juicing a part of your life.

It’s an amazing way to supercharge your body with powerful fat-burning nutrients... without loading up on empty calories.

It’s fun, delicious... and takes very little time or effort.

When it comes to making shocking weight loss transformations, that’s what it’s all about.

Doing little things that deliver BIG results.

That’s what allowed me to lose 55 pounds in 90 days... and keep the weight off for good.

And I put together a special video where I reveal my most powerful secrets...

Like Mind-Body Merging, the simple tweak which has been scientifically proven to cause double the amount of fat loss...

...without making ANY changes to your diet or exercise program!
That’s double the fat loss... from doing the same things you already do right now!

To discover how it works, all you have to do is watch this free video:

But I have to warn you, this video will not be online for long.

So to cash in on this life-changing fat loss trick, you have to act fast.

Watch this video now by clicking here.

When you do, you’ll discover other powerful fat loss tricks like...

How eating JUNK FOOD (at the right time) can drastically speed up your fat loss...

And...
How to get better results by writing in a notepad... than most people will EVER get from running on a treadmill.

*It’s all in this video...*

So if you want to take your fat loss to the next level, give it a watch.

Either way, I hope you enjoy the juicing recipes in this special report.

I know that once you make juicing a part of your life, you’ll notice a huge difference in the way you look and feel.

So please, share this with your friends...

I really appreciate your help... in helping others to...

Get healthy and get hot!

Have a great day,

*Ingrid Macher*